



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET UP OFF THAT COUCH AND RUN!

Couch to 5K

Program Leaders
Jessica Askin
& Jenn Srmack

Have you ever wanted to run a 5K but didn't think you could? Now you can! Join us in our Couch to 5K program and be on your way to crossing the finish line of your very first 5K run. This 10-week coached program will meet twice a week. You will be given 1-2 additional workouts to be completed on your own during the rest of the week. Registration fee includes a T-Shirt and entry into the Geneva Y's Turkey Trot 5K Fun Run held on Thanksgiving Day. *All running will be done outside so dress for the weather!

Dates:

Wednesdays

Sept. 12th - Nov. 22nd

@ 6:00 pm

& Saturdays

Sept. 15th - Nov. 18th

@ 8:00 am

Fees:

Members - \$45

Non-Members - \$65